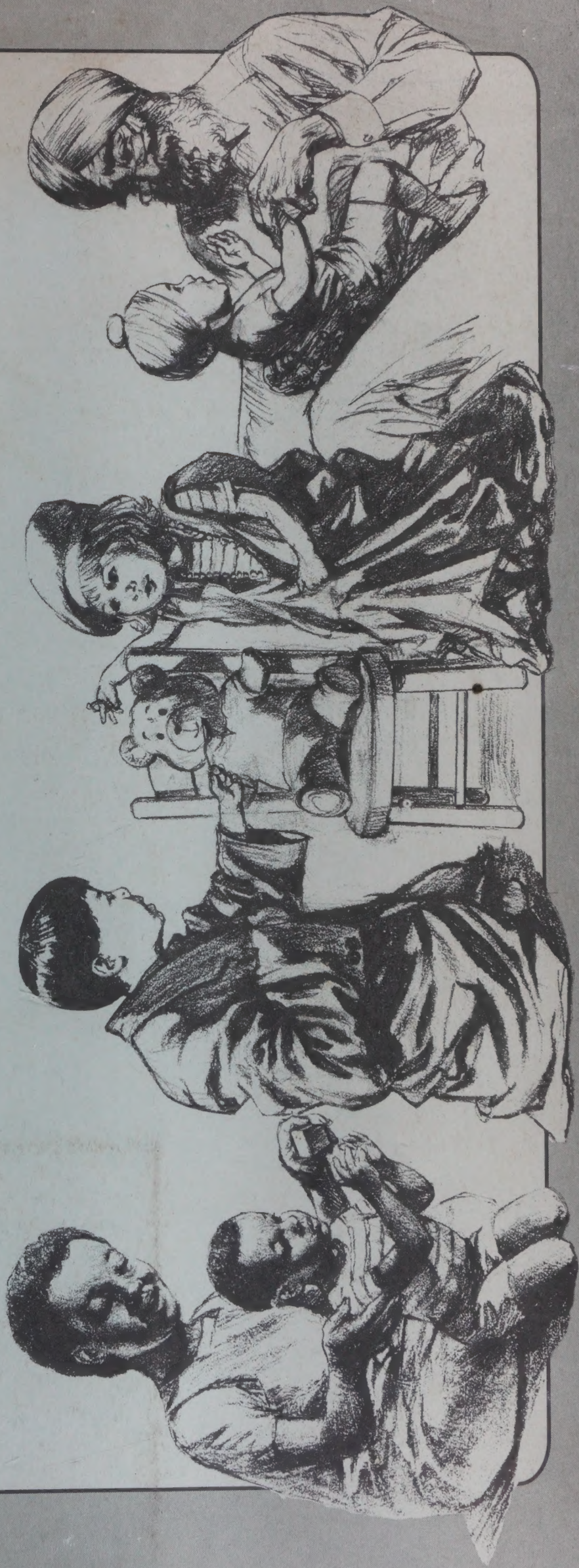


Learning Through PLAY



From Three to Six Years

Learning Through PLAY

Dear Parents,

All children are special, with their own unique quality and abilities. Developing and guiding these

starts at an early age.

Research shows that children who experience a variety of stimulating play activities have a greater chance for success in school and in life. Play helps children learn new skills, build confidence and develop healthy relationships.

Calendar provides a variety of play activities for you to share with your three to six year old child.

Together you and your child will discover many exciting ways to learn through play!

Community Health Cell
Library and Information Centre
367, " Srinivasa Nilaya "
Jakkasandra 1st Main,
1st Block, Koramangala,
BANGALORE - 560 034.
Phone : 5531518 / 5525372
e-mail:sochara@vsnl.com

You can use this calendar every day to find play activities that are fun and encourage learning.

For each age group, the activities have been divided into 5 different areas of development:

Sense of Self • Physical • Relationships • Understanding • Communication

Each area is equally important.



Sense of Self

Learning about ourselves and our feelings helps us become comfortable with who we are.



Physical

Learning to control the way our body moves helps us improve our skills, such as climbing and drawing.



Relationships

Learning how to get along with family, friends, and others, helps us feel secure.



Understanding

Learning how things work helps us to develop our intelligence.



Communication

Learning how to listen, understand, and express thoughts and feelings connects us with our world.

The Younger Three Year Old



Children need opportunities to learn how to do things for themselves.



Children need a parent nearby when they try new things.



Sharing books with children inspires the love of reading.



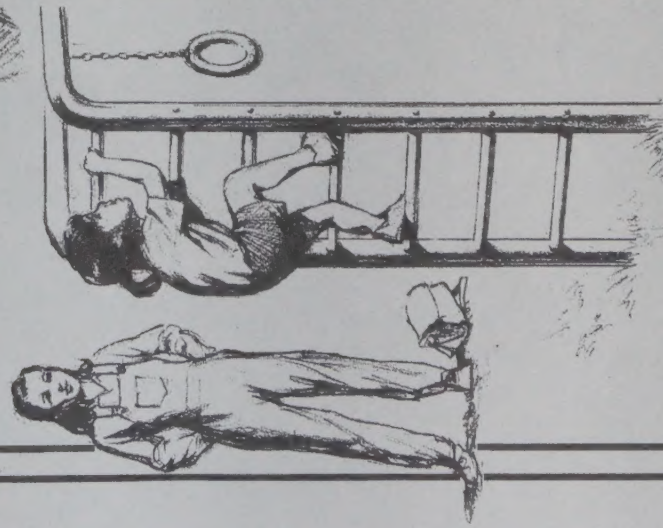
Sense of Self



"I'm scared! I need you to comfort me now."



Physical



"I need to practise climbing and jumping in a safe place."



Relationships



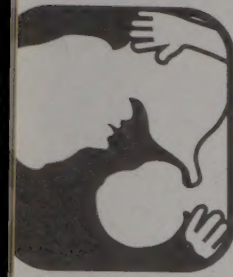
"I like helping with the baby, but I need you to remember my feelings too."



Understanding



"When I play matching games, it helps me prepare for reading."



Communication



"I learn new words when we share stories together in your language."

The Older Three Year Old



Children enjoy 'helping' parents around the house. They are practising for future responsibilities.



Children are beginning to learn skills they will need for school.



"Why?"

Children need to know that someone will help them understand their world.
Be patient.



Sense of Self



Physical



Relationships



Understanding



Communication



"Make-believe play helps me imagine that I can do many things."



"Playing outside is a good way to use my energy, and helps me sleep at night."



"It's hard to wait for my turn, but I'm learning."



"Learning about big and small will help me with my math."



"Look Mom, I got everything you asked for! I'm remembering to do more than one thing at a time."

The Younger Four Year Old



Children are curious about all body parts and should learn their correct names.

"I hate you!"



Children need our help to find the right words to express their strong feelings.

Routines help children feel safe and secure because they know what to expect.



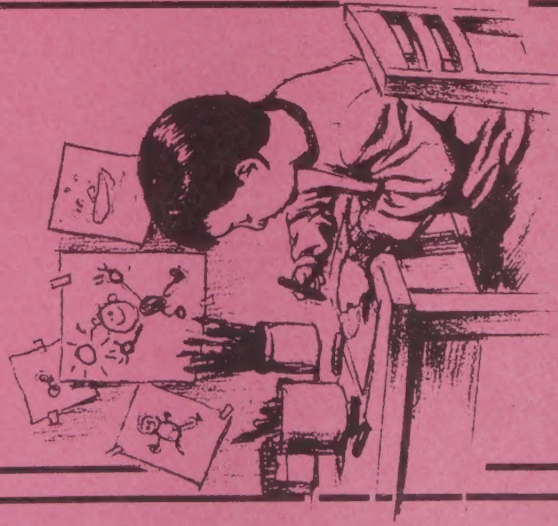
Sense of Self



“When I choose between 2 or 3 things, I am learning how to make decisions.”



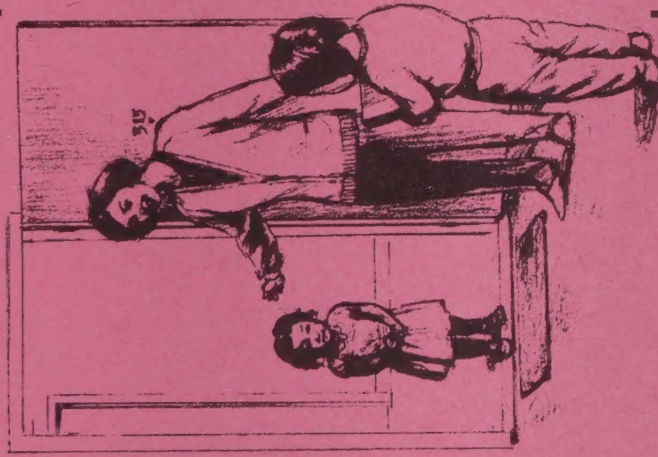
Physical



“Drawing helps me develop the skills I will need to learn how to write.”



Relationships



“I’m happy my mother helped me invite my friend to play.”



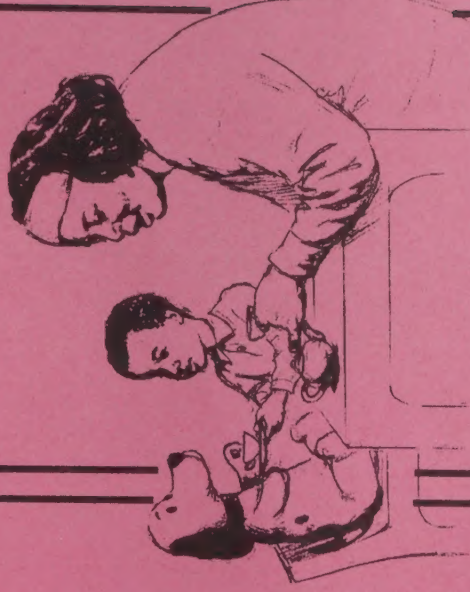
Understanding



“I learn and understand best when I do things myself.”



Communication

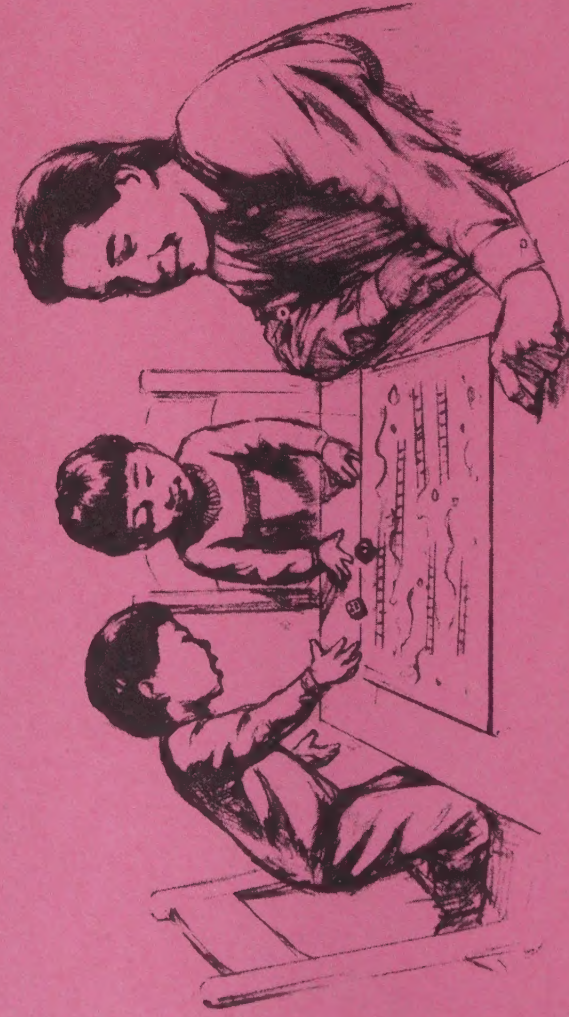


“Playing with adults helps me learn to talk about my ideas.”

The Older Four Year Old

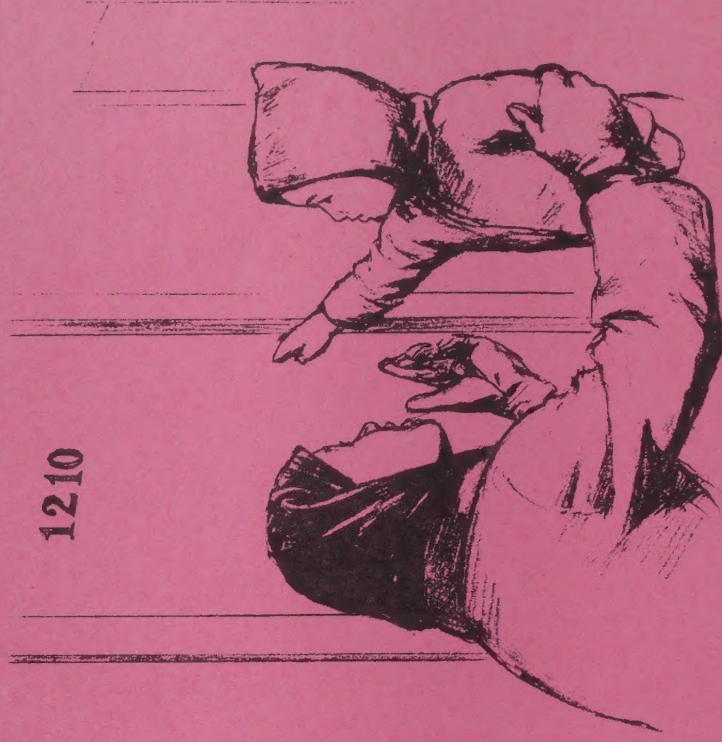


Children need help to find a time and place to play by themselves.

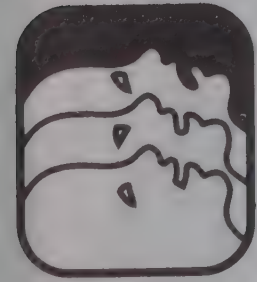


When parents play easy games with their children, they are helping them learn how to co-operate.

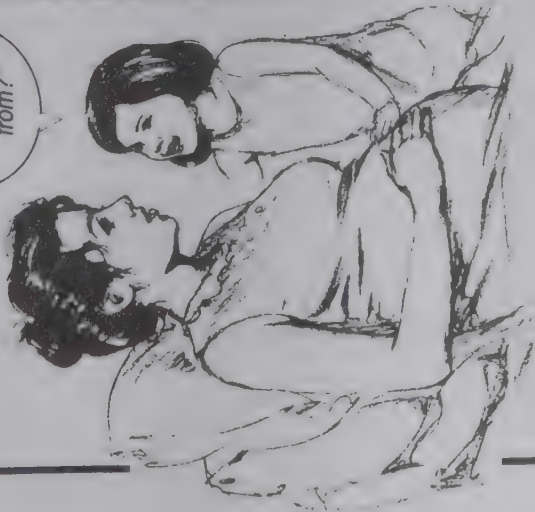
1210



For safety reasons, children should be taught their first and last names, address, and phone number.



Sense of Self



"Where do babies come from?"

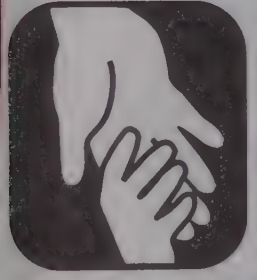
"Please answer my questions in an honest and simple way."



Physical



"I have a lot of energy. I need to play outside every day."



Relationships



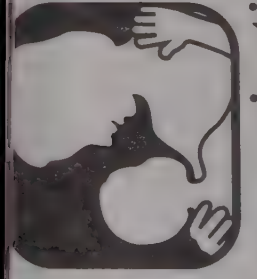
"I am noticing when others feel upset, and I want to help them feel better."



Understanding



"There are so many things I can do that help me to learn math."



Communication



"I love to sing, rhyme, and have fun with words."

The Younger Five Year Old

Children feel they are an important part of the family when they are responsible for a few simple jobs.

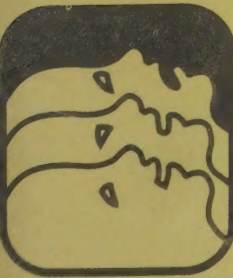


Children learn about nature when they explore their surroundings.

QUIET, PLEASE



Children need to be reminded about rules and how to behave in different situations.



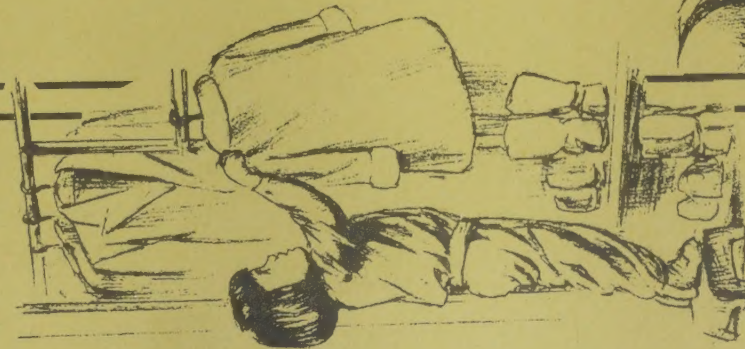
Sense of Self



"When you say I have done something well, I want to do it again."



Physical



"Building is fun! I am learning to use my muscles in different ways."



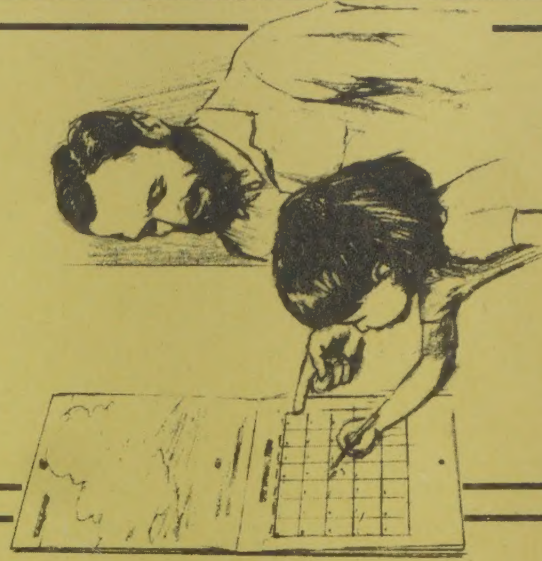
Relationships



"Let me try to find a way to solve my problems before you help."



Understanding



"Looking at the calendar together helps me to understand what to expect each day."



Communication

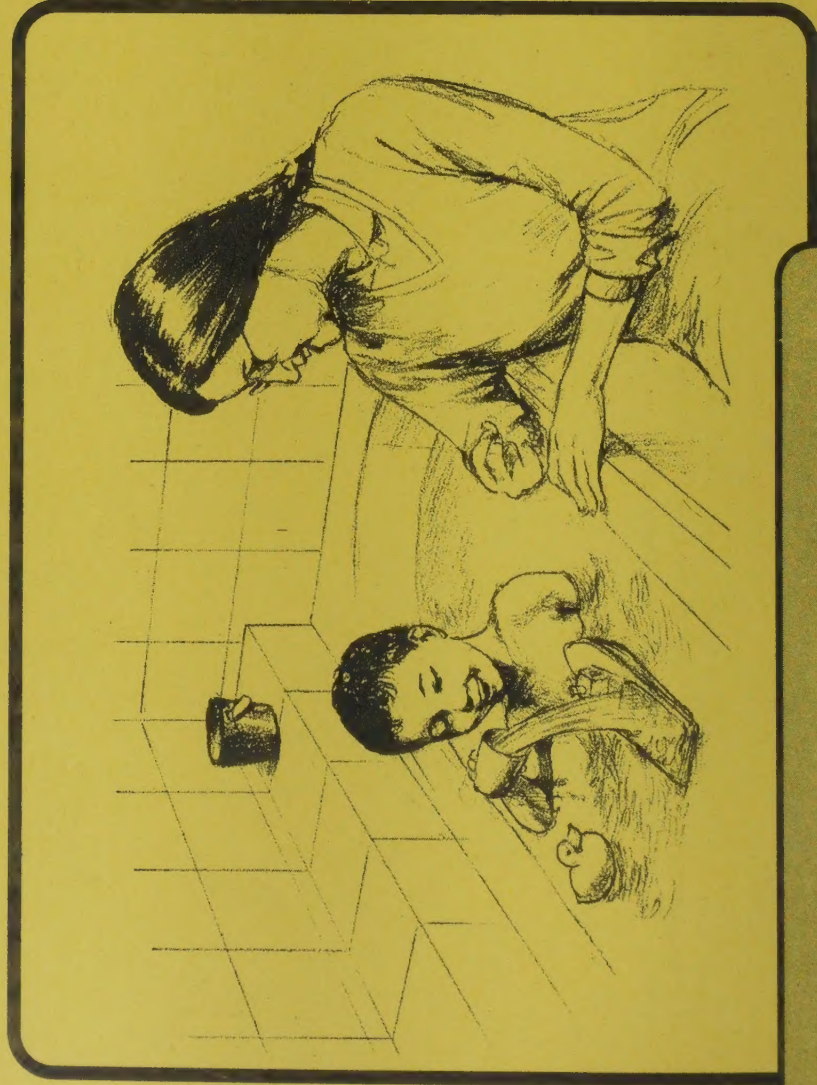


"I can take and give short messages."

The Older Five Year Old



Children have a right to say NO
when they feel uncomfortable.
Adults need to respect this.



Children learn about science when they are
given the opportunity to experiment.



When parents listen, children learn how to
tell a story from the beginning to the end.



Sense of Self



"When I feel frustrated,
your encouragement helps
me to try again."



Physical



"Crafts help me develop
control of my hands and
fingers."



Relationships



"I need to know that you
can still look after me,
even when you are upset."



Understanding



"I learn to sort, count and
make patterns when I help
at home."



Communication



"Sharing jokes and riddles
is a fun way to learn
language."

Learning Through PLAY

From Three To Six Years

For many years parents have enjoyed using the calendar, "Learning Through Play From Birth To Three Years."
They found the pictures and language easy to follow and were able to create their own activities.
As their children grew, parents requested a similar calendar for their three to six year old children.

Here it is!

After careful research, play activities for each age group were selected to encourage children's development.

If you share this calendar with other parents, their children will also benefit.

Your public health nurse can provide you with more information about child development, nutrition, safety, and other parenting questions.

For copies and training contact:

**The
Hincks-
Dellcrest
Centre.**

1645 Sheppard Ave. West,
Toronto, Ont. M3M 2X4
Tel: (416) 633-0515
Fax: (416) 633-7141

Developed in collaboration with:

TORONTO
PUBLIC HEALTH



**BABIES BEST
START PROGRAM
SCARBOROUGH**

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CAP-C

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